



Environmental Solutions to Obesity in America's Youth

Presented by National Institute of
Environmental Health Sciences

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Physical Fitness and Sports

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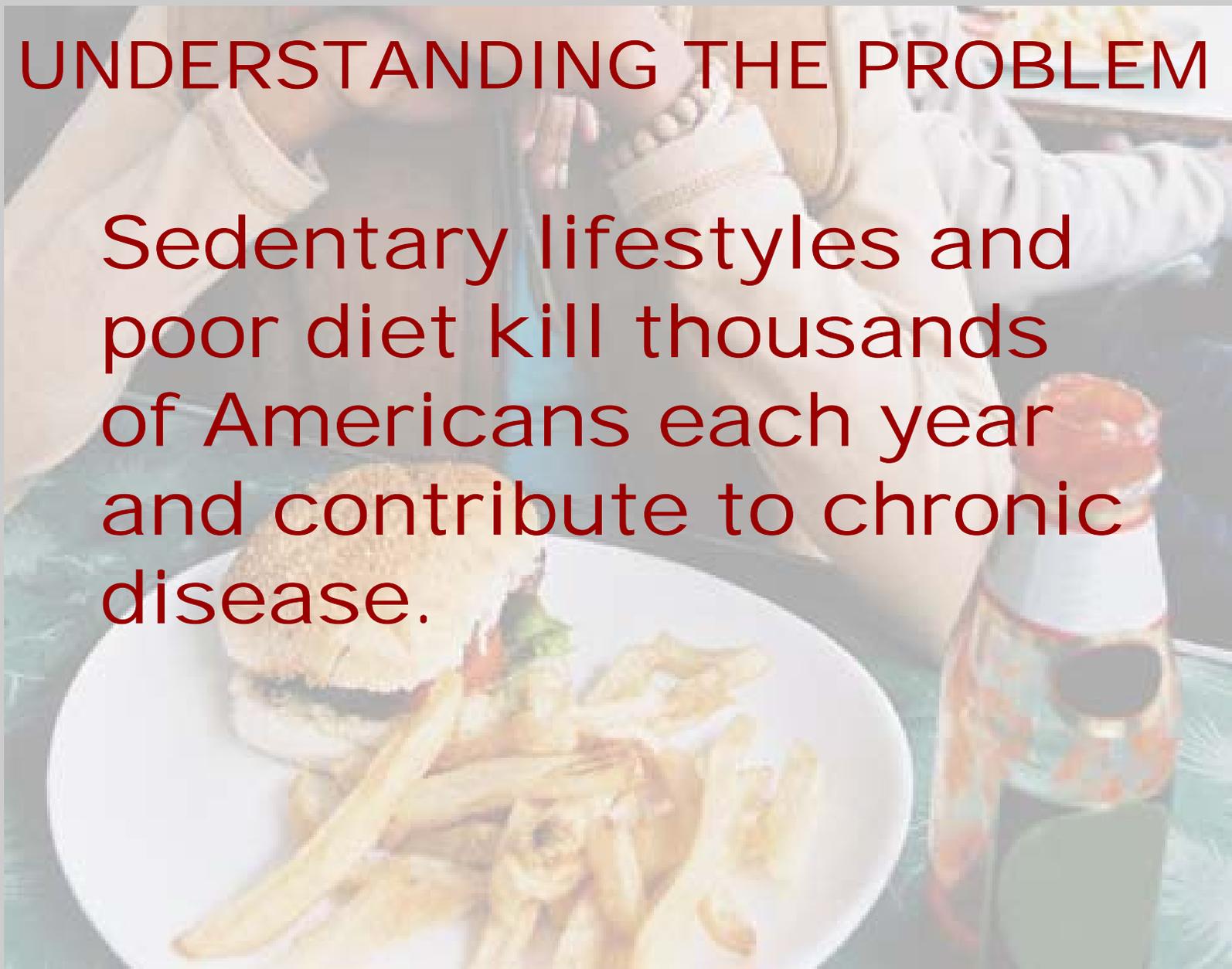
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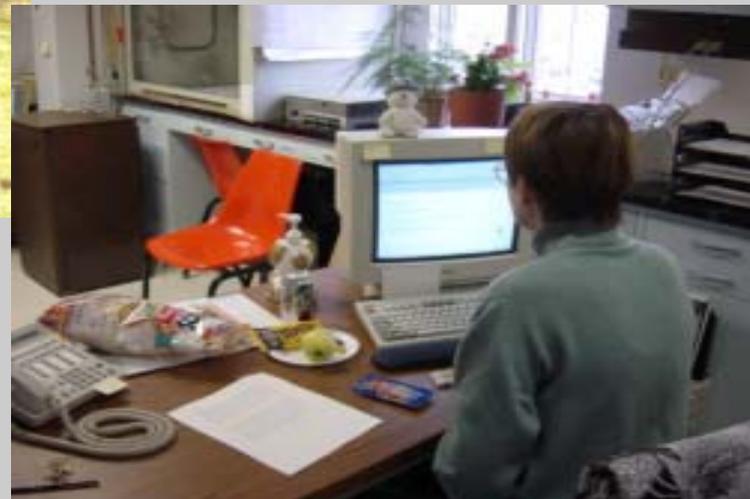
UNDERSTANDING THE PROBLEM

Sedentary lifestyles and poor diet kill thousands of Americans each year and contribute to chronic disease.





WHY ARE WE SEDENTARY?



“The tendency of most Americans is to seek the most convenient way to do things.”

- Killingsworth R. et al. AJHP, Oct. 2003



WHY ARE OUR CHILDREN BECOMING MORE OBESE?

- Urban/suburban designs discourage physical activity
- Economic/time pressures encourage unhealthy diet/convenience foods
- Reduced access to affordable, nutritious foods
- Fewer chances to walk or bike
- Increased screen time





WE LIVE IN A "BUILT ENVIRONMENT"

- Encompasses all of the buildings, spaces, and products created or modified by people.
 - Health Canada, *Health and Environment*

Affects:

- The houses/neighborhoods where we live
- Where/how/when we drive or walk
- The buildings where we work





WE LIVE IN A "BUILT ENVIRONMENT"

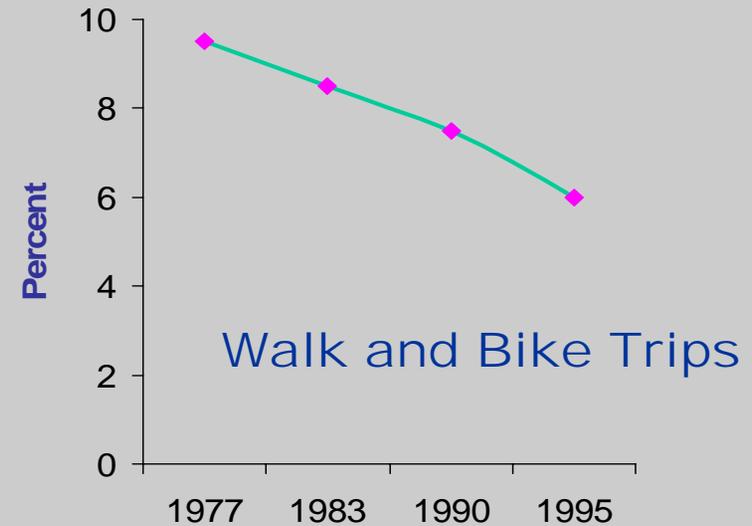
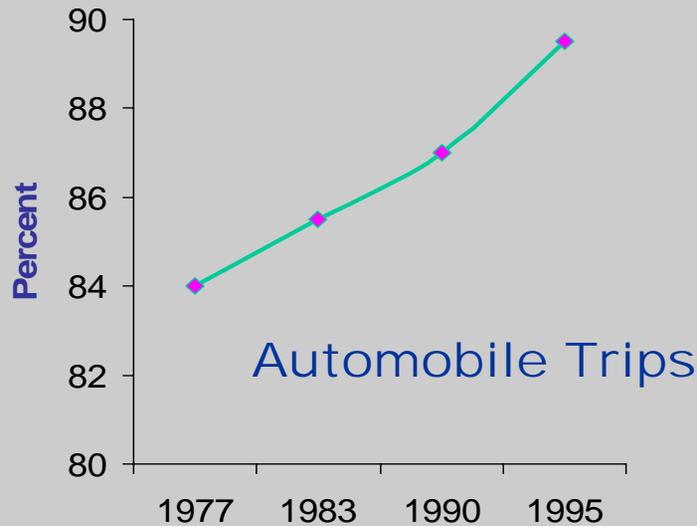
Affects:

- The quality of the air we breathe
- The water we drink
- What we eat/where we obtain our food
- How we spend our free time





WE DRIVE MORE, WALK AND BIKE LESS



- Average US commute to and from work is 73 mins/day of driving
- Three-fourths of trips of a mile or less are made by car
- Only about 14% of trips to school are made by walking, down from 50% in 1969



FACTORS CONTRIBUTING TO SEDENTARY BEHAVIOR

- Long Commutes
- Short car trips instead of walking (few sidewalks/crosswalks)
- Unsafe streets
 - Pedestrian fatality is 3rd leading cause of injury-related death among children 5-14
 - Fear of street crime discourages walking
- The buildings where we work encourage elevator use, not stairs





MISSION OF THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

- To advise the President through the Secretary of Health and Human Services on ways to help Americans be physically active and fit for health and overall well-being
- To work in partnership with the public and private sectors to develop and implement programs to help Americans become and remain physically active for life
- To provide health information, incentives and tools to help Americans of all ages, backgrounds and abilities be physically active and fit



FOUR PILLARS

- Be Physically Active Every Day
- Eat a Nutritious Diet
- Get Preventive Screenings
- Make Healthy Choices/Avoid Risky Behaviors



HEALTH BENEFITS OF PHYSICAL ACTIVITY

- Lowers risk of chronic disease
- Helps maintain a healthy weight
- Improves heart health
- Helps promote healthy bones and joints
- Enhances energy and mental alertness
- Reduces stress and anxiety
- Improves sleep
- Better self-image and outlook
- Improves strength, balance, flexibility

Source: HealthPartners, Inc.



MANY AMERICAN CHILDREN ARE SEDENTARY AT HOME

Weekly Television Viewing:

- Children (2-11 yrs)
 - 18.6 hrs
- Adolescent (12-17 yrs)
 - 18.4 hrs



Data Sources: 2003 YRBSS, 2002 National TV Turnoff Week Data



...AND AT SCHOOL



2001: Only 39% of students in grades 9-12 were physically active during PE for more than 20 minutes 3-5 days/week

Source: 2001 Youth Risk Behavior Surveillance System

THE IMPACT ON KIDS



- High blood pressure, type 2 diabetes, and high cholesterol, once thought to be diseases of aging, are now diagnosed in elementary school children and teens.

Physical Activity



- All children need parents or caregivers who understand the importance of physical activity and facilitate the child's participation in such activities

Physical Activity



- All children need safe environments that do not restrict the ability to perform large muscle movements (crawling, sitting up, reaching, jumping, walking, or running)

Physical Activity

- Children's needs:
 - About 60 minutes per day
 - ◆ No periods of extended inactivity
 - ◆ Some vigorous physical activity
 - ◆ Variety



TAKE THE PRESIDENT'S CHALLENGE

A program of the
President's Council
on Physical Fitness
and Sports



www.presidentschallenge.org



WHAT ABOUT FOOD?

Increased accessibility and low cost of high fat/high calorie foods contribute to overweight and obesity.



**Source: Kant et al. (2004) J Nutr, as cited in 2005 Dietary Guidelines for Americans*



PORTION SIZE COUNTS TOO



USDA

“MEDIUM”

“LARGE”

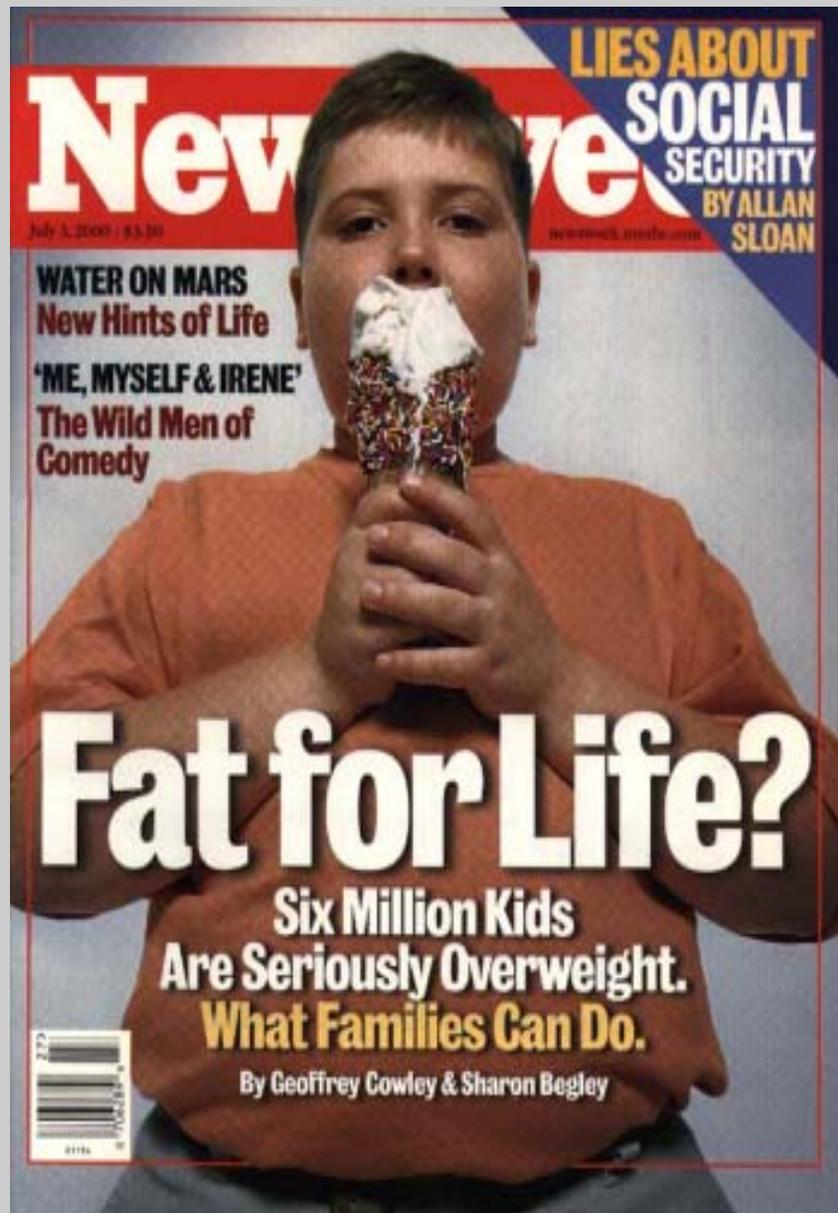
“SUPER-SIZE”



Overweight/Obesity in Youth

- **Total: 16%**
 - **Minority: 20%**
 - **Preschool ages two to five: 10%**
 - **Overweight in childhood often leads to overweight adults**

This generation of children may not outlive their parents!





2005 Dietary Guidelines for Americans Now Incorporate Physical Activity



-  Grain Group
-  Vegetable Group
-  Fruit Group
-  Fats & Oils Group
-  Milk Group
-  Meat & Beans Group

*Source: U.S. Department
of Agriculture*



2005 Dietary Guidelines for Americans Now Incorporate Physical Activity

Key Recommendations

- Regular physical activity (30 minutes/most days of the week) is essential to the maintenance of a healthy weight and reduces the risk for developing chronic disease
- More than 30 minutes of moderate-vigorous activity provides added health benefits
- Many adults may need 60-90 minutes of moderate-vigorous activity on most days to prevent weight gain and sustain weight loss
- **Children and adolescents need at least 60 minutes of moderate/vigorous physical activity on most days each week**

THE SOLUTION



- Public-Private Partnerships
 - Among agencies, communities, organizations and businesses
 - Across disciplines
 - On public and private research

Schools

Activity

Families

Behavior

Nutrition

Prevention

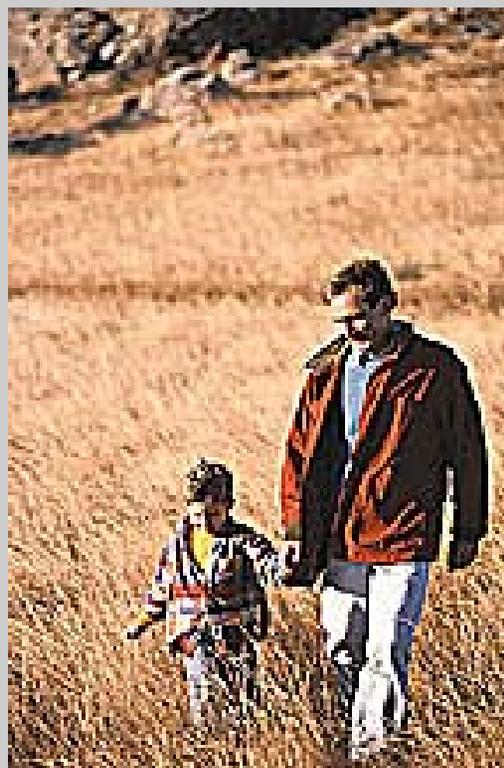
Disparities

Communities



“The function of protecting and developing health must rank even above that of restoring it when it is impaired.”

Hippocrates





For more information about partnering with the President's Council on Physical Fitness and Sports contact:

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